



SAFETY NOTES

WEAR PROPER SAFETY GEAR

- Helmet
- Boots
- Jersey
- Pants
- Gloves
- Chest Protector
- Neck Brace
- Knee Braces
- Goggles

PERFORM ROUTINE MAINTANCE ON DIRTBIKE

- Brakes
- Throttle
- Grips
- Tire pressure
- Properly warm up bike
- Gas is on
- Choke is off

RACE TRACK TIPS

- Learn the track
- Never cut the track
- Locate the flaggers
- Locate the medics
- No spectators on track
- Animals must be on leash

UNDERSTAND THE FLAG SYSTEM

- Checkered flag – Indicates the end of a race or practice session. Proceed around the course to the designated track exit.
- White flag - Indicates the final lap of a race.
- Yellow flag – Indicates serious hazards on or near the track. Proceed with caution. **Must slow down, no passing/jumping**
- Green flag – Indicates the start of a race or clear track conditions.
- Black flag – Indicates a problem with your motorcycle or a disqualification. Proceed around the course to the designated track exit.
- Red flag – Indicates the race has been stopped. Reduce speed and proceed safely to the starting area.
- Light Blue Flag with Diagonal Yellow Stripe: Indicates you are about to be overtaken by faster riders. Hold your line and do not impede their progress.

RACING AND PRACTICING TIPS

- Never pass on yellow
- Slower rider hold your line
- Only exit track when safe
- If you're not jumping stay all the way to the left or right. Do not change lines on the face and/or landing of a jump.
- Never stop on the track
- If you crash, get off the track as quick as possible
- Look ahead
- Be alert and be smart